



Aware Senior Care Seminar and Panels 2017

Seminars:

- **Live Well at Home Seminar**
 - Seminar that is focused on tips and advice for seniors, the chronically ill or disabled to live well and safely at home with a little help. Given by Tim Murray and Gina Murray (RN) owners of Aware Senior Care.
 - This seminar has been presented at: Cary and Raleigh Senior Centers, Heritage Pines Retirement Community, SearStone Retirement Community, Carolina Preserve Retirement Community, Jordan Oaks Independent Living, St. Michael the Archangel Catholic Church Cary, First United Methodist Church Cary, Westwood Baptist Church Cary and the Cary Kildaire and Central Rotary Clubs.
 - **Abstract:** Are you concerned about a friend or loved one's ability to live safely at home? Are you aware of the many great services and products available in Cary that can help? Come meet a local panel of experts in an open question and answer forum to discuss services and products readily available to you to live longer at home and thrive! From tips on how to make your home safe, services to assist you in your home with activities of daily living to home prescription delivery, there are countless programs you can leverage to stay in your home longer independently. Great information for all people 55 and older as well as loved ones looking for answers.

- **Is it time to leave the home? Seminar**
 - Presentation Workshop by Gina Murray (RN) and a certified geriatric care manager (GCM). This seminar was done in the fall of 2016 at the Cary Senior Center and had a lot of positive feedback.
 - **Abstract:** Gina starts out with how you can self-assess yourself or a loved one and score yourself in terms of your ability to remain and live safely at home. The GCM covers what the alternatives are if it makes sense to move from your home and how a GCM can help manage the process on your behalf or a family's behalf. A description of independent, assisted, CCRC's and Skilled Nursing are discussed including costs.

- **How to prepare for a Dr. Visit (Gina Murray RN)**
 - o Gina has spoken on this topic at SearStone CCRC, StoneRidge Independent Living, Jordan Oaks and Cary and Raleigh Senior Centers. It is so critical to have a good Geriatric Physician that invests time to understand your goals. Gina has some tools to use to prepare for the visit armed with good questions for the physician.
- **Eat Well at Home - Seminar**
 - o Eat Well at Home is all about good diet and eating habits at home when preparing meals for 1-2 people. The seminar provides helpful information and education about good nutrition and diet that can be applied preparing meals for one to two people living at home. A featured speaker with Aware Senior Care will be a Dietitian/Nutritionist.
- **Move Well at Home**
 - o This seminar provides good information and practical demonstrated exercises to Increase flexibility and mobility and thus increasing your ability to live independently at home. The seminar will feature a demonstration and take home exercises to do in your home.
- **Move and Eat Well at Home**
 - o This seminar will provide helpful information and education about increasing and maintaining your mobility and balance and establishing good eating habits to increase your ability to live well in your home for as long as possible.
- **Sleep Well at Home**
 - o This seminar provides helpful information and education about common sleep disorders and how through healthy diet, exercise and establishing a good bedtime routine you can sleep better.
 - o The main part of the seminar will feature a Sleep MD as the subject matter expert speaker. A good quality sleep is essential to your good health! If you are having consistent, unexplained difficulty falling or staying asleep, are snoring heavily, or are just not waking up feeling rested, these are signs that it is time for a medical exam by a sleep doctor. Poor sleep quality has been associated with depression, weight gain, anxiety and other issues.
- **Think Well at Home (new)**
 - o Developing content in conjunction with Alz NC. This seminar will focus on the importance to exercising your brain. The beginning part of the seminar will provide education content about Alzheimer's and the effects on the brain. The middle part of the seminar will provide information about how stimulating the brain can help enhance life and lastly, we will present

simple tips and techniques that can be applied in everyday life to exercise the brain.

- **Build your life plan (new)**

- Based on content in the books “How to Say It to Seniors” <http://www.davidsolie.com/book-information/> by David Solie and “How to Keep Mom (and yourself) out of a Nursing Home by Dr. David Fisher (my Mom’s physician). What I’ve learned is the value of building a life plan covering all aspects of your life such as physical, social, faith, medical. Financial etc. Especially the idea of thinking through what you would like your legacy to be.
- The seminar will culminate in an overview outline for a life plan and the resources available to you to help you form your plan.

Panels:

- **Live well at Home Panel**

- Drawing content from the seminar panelists will represent products and services to help people live well at home. Panelists can include: Home Care, Home Health, Hospice, Pharmacy Delivery, Doctor’s Making House Calls, Home Renovation and Safety, Estate Planning and VA Benefits, Estate Sales, In-Home PT/OT etc.

- **Is it time to leave the home? Panel**

- Drawing content from the seminar panelists will represent communities, facilities and services that can help a person evaluate and move to a new home (facility or community). Panelist represent: Senior Move Management and Real-estate, Independent Living, Assisted Living, CCRC, Skilled Nursing, Geriatric Care Management

- **Eat Well at Home (Nutrition and diet) Panel**

- Members: Dietitian, Chef, Nutritionist, Home Meal Delivery, Home Care

- **Modifying Your Home to support aging in place Panel (New)**

- Home Renovation, Financial Support to Pay, Home Automation, Life Alert

-

- **Move Well at Home (mobility, nutrition, exercise, Yoga) (New)**

- A panel of experts that center on things you can do in the home to be mobile to elongate independence. Includes aspects of eating well/diet, simple exercise/stretching, falls prevention. One of the featured panelist's will be Flexogenix of Cary. Live Well at Home.

Senior Fair:

Aware Senior Care helped organize and run the ST. Michael's Catholic Church Cary "Live Well at Home and Thrive" Senior Fair. Click on [here](#) to see a sample flyer on our website. The Senior Fair featured more than 30 companies that provide products and/or services to help people live and thrive at home.

The flyer for promotion is embedded in this document.



St. Michael the Archangel • 804 High House Rd, Cary, NC 27513 • StMichaelCary.org



The Saint Michael the Archangel

Thurs. June 8th. 5:00 p.m. - 7:30 p.m.

Fri. June 9th. 8:30 a.m. - 12:30 p.m.

All are committed to serving the seniors in our community who want to remain in their own homes while maintaining a high quality of life so they can live their *golden years* with *grace & dignity*.

The fair will feature more than 30 companies that provide products and/or services to help you live and thrive at home. Key products and services represented include:

- Home Healthcare
- Medical Equipment
- Geriatric Care Advocates
- Specialty Finance
- Home Modification
- Life Alert Technology
- Pharmaceutical with Home Delivery
- Long-Term Care Insurance Planning
- Medicare\Medicaid and VA Aid Counseling

St. Michael Parish Hall (Gymnasium). Free to All!

Whether you come for the information or the door prizes, the services or the socialization, this year's event will help anyone Live Well at Home and Thrive!

Aware Senior Care

— PRESENTS —

Live Well at Home

Temple Beth Or

Thursday, August 3rd 12:00 p.m.

We all hope to age gracefully, living independently in our homes as long as we can. When a loved one struggles with health issues, memory loss or simply maintaining the household, it places a strain on the entire family.

Many will need additional assistance to continue live at home, safely and productively. Today there are many good solutions to help seniors to not only live at home, but thrive.

Topics include:

- Learn how to make the most out of your next physician visit.
- Understand the importance of a "Brown Bag" review of medicines.
- Find out key things you can do to avoid falls by making your home safer.
- Know where to find resources in our community.

All are welcome. No registration necessary.

Eat Well at Home

Heart healthy living through good nutrition and diet



This seminar will provide helpful information and education about good nutrition and diet that can be applied preparing meals for one to two people living at home.



The main part of the seminar will feature **Dr. Rushad Shroff** a leading Internal Medicine Physician practicing with Duke Primary Care.

Gina Murray, RN BSN Aware Senior Care will discuss how to integrate good diet and nutrition into their home care services with a particular focus on meal preparation for one to two people.



Sponsored by:



Duke HomeCare & Hospice
Duke University Health System



When:

Saturday June 4 10AM

Where:

Bradford Hall

Registration Visit:

www.cpamberly.net

Refreshments and Light Breakfast Provided

Live Strong & Eat Well at Home

Learn how to improve both eating habits and mobility and increase your time at the Preserve!

This seminar will provide helpful information and education about increasing and maintaining your mobility and balance and establishing good eating habits to increase your ability to live well in your home for as long as possible.



Katie Stephens PT, NCS, co-owner of www.stepsforrecovery.com will provide an individualized approach to physical, occupational and speech therapy. Katie will lead the audience through some of the take home exercises.

Gina Murray, RN BSN owner of www.awaresenioircare.com will discuss how to falls proof your home and integrate exercise and meal preparation into home care plans.



Pooja Chilukuri, Certified Health Coach and owner of www.paushanik.com mission is to make a difference in people's lives by positively impacting their health. Pooja will present how good nutrition and diet can have a significant impact on leading a healthy and active lifestyle.

When:
Wed Sept 20th
10AM

Where:
Carolina Preserve
Bradford Hall

Questions:
Deborah Badger
deborah@kuester.com
(984) 219-3169

Refreshments and Light Breakfast Provided



*Cary Chamber of Commerce
Small Business of the Year 2017*

Seminar: Sleep Well at Home – Sleep better through expert education, healthier living and establishing a good bedside routine.

Where: Heritage Pines Community Club House

When: September 13, 2017 at 10 AM

Presenters:

- Aware Senior Care, Gina Murray, RN BSN
- Dr. Charles Ferzli, TMJ and Sleep Therapy Center Raleigh-Durham

This seminar will provide helpful information and education about common sleep disorders and how through healthy diet, exercise and establishing a good bedtime routine you can sleep better.

The main part of the seminar will feature Dr. Charles Ferzli, B.S.C., D.D.S., DABCP, DABCP-CDSM of TMJ and Sleep Therapy Center Raleigh-Durham. Good quality sleep is essential to your good health! If you are having consistent, unexplained difficulty falling or staying asleep, are snoring heavily, or are just not waking up feeling rested, these are signs that it is time for a medical exam by a sleep doctor. Poor sleep quality has been associated with depression, weight gain, anxiety and other issues.



Sleeping better helps prolong a healthy life. While some sleep disorders may require a visit to the doctor, you can improve many sleeping problems on your own exercising and eating better and developing a better bedtime routine. Also discussed will be signs that perhaps a visit to a sleep board certified doctor or clinic would be wise.

Gina Murray, RN BSN of Aware Senior Care will discuss how Aware Senior Care can integrate good diet, exercise and help in the evening as part of home care.

Healthy breakfast snacks, coffee and juice will be provided by our guests!

TMJ & Sleep Therapy Centre of Raleigh-Durham www.raleightmjandsleep.com

Aware Senior Care www.awareseniorcare.com. 919-436-1871. Veteran Owned Business



Make the Most out of Your Next Physician Visit

Learn how to make your next annual physical or an acute doctor visit a more productive time



Gina Murray, RN and co-founder
Aware Senior Care

- Have you looked forward to talking to your physician and then left feeling frustrated after your visit?
- Do you feel like your physician doesn't know how you really feel or doesn't have time to listen to you?
- Have you forgotten to tell your physician the things that matter most to you?
- Are you taking so many medications you have lost track of when to take them and why?

Join us Friday August 11th at 3:00 PM to learn how to assess your current medications and health to make the most out of your next physician visit. A medication management template will be reviewed during the event for your use for next physician visit. Refreshments and snacks will be provided!

Event Date and Time:

3:00 PM Friday August 11th

Location:

StoneRidge Independent Living
105 Convention Dr, Cary, NC 27511

Guest speaker is Gina Murray, RN BSN Director and Founder of Aware Senior Care, a provider of in-home senior care for StoneRidge and a Veteran Owned business.



Cary Chamber of Commerce Small Business of 2017



If Not Home, Where Then?



This seminar will help people evaluating a possible move from their home to independent or assisted living. The seminar's featured speakers will be Gina Murray, RN, BSN and director of Aware Senior Care, providing in-home care for seniors and the chronically ill and a geriatric care advocate. Gina will present signs that perhaps home is no longer the best place to live followed by a geriatric advocate who will present the various options outside the home such as independent living, assisted living, continuous care retirement communities, and residential home care. You will learn things to consider and evaluate in terms of where to live and leave with an understanding of the various living options commutes provide and the costs.

Where:
Five Points
Center for
Active Adults

When:
Tue, Jan 30
10:15 AM

Questions:
Tim Murray
tmurray@awareseniorcare.com

Refreshments Provided

TOWN of CARY

Cary Senior Center

— PRESENTS —

Live Strong & Eat Well at Home

Friday, September 29

2 - 4 p.m. | Age 18+

Learn how strength, balance, and healthy eating help to ensure a fulfilling, independent life at home. A healthy dessert will be served.

*Co-sponsored by
Aware Senior Care*

Meet with experts in:

- Nutrition
- Healthy Cooking
- Fitness & Exercise
- Physical Therapy

To register, call (919) 469-4081
or visit www.townofcary.org

**A
Free
Event!**
Registration
required.



120 MAURY O'DELL PLACE, CARY, NC 27513

Cary Senior Center

— PRESENTS —

Live Well at Home

Friday, September 23

11:30 a.m. to 1:30 p.m.

Learn how you or a loved one can make simple changes to ensure a fulfilling, independent life at home.

**Free
Lunch!**
to first 45
registrants

Snacks & beverages
for all.

Meet with experts in:

- Independent living
- Home safety
- Prescription delivery
- Health care options

To register, call (919) 469-4081
or visit www.townofcary.org

TOWN of CARY

120 MAURY O'DELL PLACE, CARY, NC 27512

